

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Three*

18 March 2022

Coming

Up

MON 2 1 M A R

- ANU and UAC Information Sessions (Online)

WED 2 3 M A R

- Year 7 Community Day

WED 3 0 M A R

- Year 9 Poetry in Action

THU 3 1 M A R

- Year 10 Immunisations

MON 0 4 M A R

- Year 10 Work Experience Week

FRI 0 8 A P R

- Easter Liturgies
- Term 1 Concludes

TUE 2 6 A P R

- Parent/Teacher Interviews
- Pupil-Free Day

WED 2 7 A P R

- Term 2 Commences

THU 2 8 A P R

- Parent/Teacher Interviews



Principal's Letter

Principal's Prayer

Lord, we pray for all those suffering in the floods particularly those with few means to help themselves. We thank you for the first responders. Amen.



Dear parents, teachers and students,

NAPLAN

NAPLAN is only one instrument for measuring student achievement but this does have the advantage of comparing schools with like schools and with reporting on growth in student achievement. MacKillop's results for 2021 are very encouraging particularly in numeracy and reading. Student achievement from year 7 to 9 at this school is significantly greater than at many other schools like ours. Growth in student achievement is reflected across the whole range of abilities not just those at the top but also across the learning cohort. Comparisons can be favourable, what really matters is the investment of this school and its teachers, the integration of national literacy and numeracy schools into all teaching and learning experiences, the engagement of parents and their students and the culture of learning at this school. The results should be a source of pride to us all.

Padua Campus Resurfacing Now Complete

\$800,000 later the resurfacing of the basketball courts is now finished. In pristine condition students are now safer, lessons more confidently delivered and the college is in possession of a 5 year guarantee for any damage that may emerge now and then. This work has been long overdue and I thank the Catholic Education Office for allowing us to withdraw this aspect of a much larger building program so that safety and learning could be prioritised. Parents picking up and dropping their students seem particularly excited!

Year 7 Survey Results

Thank you to the 40% of year 7 families that responded to the year 7 survey. Generally speaking, the results have been overwhelmingly positive, particularly in the area of college communication, satisfaction of choice of school and safety of children. Particularly helpful was written feedback with a range of constructive advice that will be incorporated into future planning.

Student Survey Results

Year 7 student responses were overwhelmingly positive about all aspects of their MacKillop experience. One aspect of the feedback was that only about 50% of students felt their primary school adequately prepared them for high school. I make the following observation, 1. 50% thought they were adequately prepared, 2. orientation days, school visits and online preparation were limited, however, the constructive comments will be incorporated into future planning.

Enrolment Period for Year 7 2023

Enrolment period is now open and forms are available online. For the sake of the enrolment secretary (who is fabulous), existing families with children hoping to come in year 7 are warmly encouraged to apply immediately.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee • College Principal





Project Compassion begins

The College kicked off its 2022 Project Compassion fundraising campaign as the Catholic Church celebrated Ash Wednesday and the commencement of Lent.

Project Compassion, which is the main fundraising activity for Caritas Australia, seeks to raise funds for people living in some of the most vulnerable communities across the world. The collection spans across the six weeks of Lent each year.

The College is aiming to continue its strong support of Project Compassion in 2022. MacKillop has been a great contributor to the cause in recent years, with our students and staff having raised around \$150,000 over the past decade.

Students and families can donate via Qkr! or through Pastoral Care Classes.

The theme of Project Compassion 2022 is 'For All Future Generations', which reminds us that the good that we do today will extend and impact the lives of generations to come.

Student Achievements

Nicholas Christian (Year 7) placed 1st in the 1500m walk (4th year in a row), 2nd in the javelin and 3rd in both the 800m and triple jump at the Athletics ACT State Championships. Nicholas has been selected for the Athletics ACT State Team which will compete in Melbourne in late April. He has been selected to represent in the following events: 800m, 1500 walk, triple jump, discuss and javelin.



Relay for Life, 2022

On **Saturday 2 April** the Year 12 cohort will take part in the 2022 Relay for Life supporting the Cancer Council. Relay for Life is an event that brings communities together to support cancer survivors as well as people who suffer with cancer both short and long term. Relay for life allows us to remember loved ones who have been lost as well as those who have fought and are fighting a battle against cancer. Relay for life is a great organization that allows us to raise much needed funds for the Cancer Council's prevention, research and support services.

This year the graduating class of 2022 has a **target goal of \$60,000** so every dollar raised matters! Five dollars can help give newly diagnosed cancer patients important support and information to help them through their journey. One hundred can help provide free accommodation for cancer patients, their families and carers during treatment. Five thousand can help fund groundbreaking research into new and better ways to prevent, diagnose and treat cancer. Every cent is crucial to the research, support, and prevention of cancer.

As a school we are participating in Relay for Life to support not just our immediate community at MacKillop but our wider community across Canberra and the country. We Relay for the loved ones that have been lost to cancer. We Relay for the survivors of cancer. We Relay for those who have beat cancer. We Relay to make a difference.

So far we have raised an incredible amount whether that has been from individual donations from our family and friends or from local businesses or groups. We hope that you can get around this amazing cause and help us achieve our goal of \$60,000!

[Click here if you would like to support us and donate through our team](#)

Together we can fight against cancer.

Emily Cridland • Year 12



English

Some editing tips from your English teachers

Jodi Picoult very wisely said, "You might not write well every day, but you can always edit a bad page. You can't edit a blank page." This is a particularly important piece of advice as students are working away to complete quality assignments. Using the tips to the right in the final editing process will go a long way in ensuring that 'a bad page' doesn't make its way into that submission box in Canvas.

Remember, allowing time to proofread your work properly will make a difference to the quality of your work.



EDITING

CAPITALIZATION

- Proper nouns
- Paper headings
- Sentence beginnings
- Essay title

USAGE/GRAMMAR

- Subject-verb agreement
- Fragments and run on sentences
- Sentences have proper length
- Verb tense consistency
- Subject-verb agreement

PUNCTUATION

- Every sentence ends with a punctuation mark
- Textual evidence is correctly punctuated with quotation marks.

SPELLING

- Checked by peer
- Checked using spell check in typed document
- All spelling and grammar suggestions checked in typed essay
- Checked for commonly confused words (their, there, it's, its, etc.)

FORMATTING

- Correctly indented paragraphs
- Correctly formatted heading
- Correctly formatted title
- Dialogue correctly formatted
- Correct spacing
- Correct font type and size

vs. REVISING

ADD OR REMOVE

- Add sentences or words to make your essay better
- Remove sentences or words to make your essay better

MOVE OR SUBSTITUTE

- Change a word and/or sentence or placement to make your writing more clear or concise
- If a word has been used too many times, then work to come up with substitutes for that word.

LITERARY ANALYSIS ELEMENTS

- Cited textual evidence that most strongly supported analysis of what the text says explicitly as well as inferences drawn from the text
- Drew evidence from texts to support analysis, reflection, and research.
- Contains strong analysis of literary element or device: theme, author's craft, etc.
- Introduced claim(s).
- Acknowledged and distinguished from alternate or opposing claims.
- Organized the reasons and evidence logically.
- Supported claim(s) with clear reasons and relevant evidence, using credible sources and demonstrating an understanding of the topic or text.
- Used words, phrases, and clauses to clarify the relationships among claim(s) counterclaims, reasons, and evidence.

EDITING vs. REVISING
 ANGELO THORP

Public Speaking Competition

The St Mary MacKillop College Public Speaking Competition is now open. Students in Years 7 to 12 are encouraged to put their voice forward in response to a set topic. For more information students are encouraged to speak to their English teacher, or visit the Student Messages page on Canvas. Entries close **Thursday 7 April**.



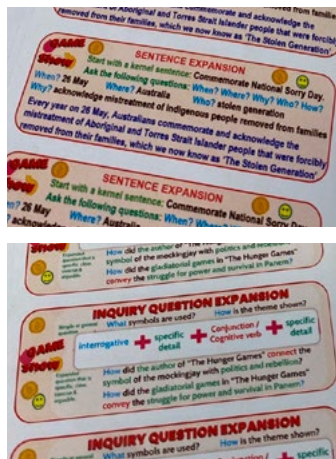


Learning Commons

The Padua campus Learning Commons teaching staff have been busy conducting Game Shows every hour for the past 2 weeks. Students have been competing in collaborative teams to recognise fragments from sentences, basic conjunctions, unscramble text, develop questions, sentence expansion and inquiry questions. The Game Show content was developed from evidence-based strategies in comprehensive writing instruction produced by The Writing Revolution (Hochman & Wexler, 2017). Students have received scented stickers for their College diaries to prompt recall of sentence expansion strategies and writing inquiry questions. We have just started a new pirate themed treasure hunt lesson to develop students' skills in reading techniques and text analysis.

Next fortnight, students will be introduced to note-taking strategies including distinguishing between essential and non-essential material, key words and phrases, abbreviations and symbols. Explicit note-taking boosts absorption, retention and comprehension of information. Don't forget Homework Club is open in the Learning Commons after school until 4.30pm Monday to Thursday. Each day there are a variety of teachers waiting to help out with class work, revision and assessment tasks. No need to book, just show up ready to get some work done. See you there!

Amanda Knott • Learning Commons Coordinator





Year 10 Geography

As part of a field work study year 10 Geography students took part in an excursion to the Isabella and Upper Stranger Ponds. The reason for this excursion was to undertake research on the value of the ponds to humans, flora and fauna, analyse the improvement works that have been done, identify any current problems that exist and why and to discuss the management strategies to improve the area. As part of the excursion we observed the storm water drains that connect to Isabella Pond and Upper Stranger Pond, the flora and fauna that inhabit the pond and the forebays of both ponds. As part of analysing the pond, we tested the water quality, moisture and humidity levels and drew field sketches of around the pond.

As part of this excursion I learned that Isabella pond, Upper Stranger pond and Lake Tuggeranong not only provide an attractive focal points for the Tuggeranong suburbs but also have a more critical role, to filter and clean the water run-off flowing from Tuggeranong's suburbs into the Murrumbidgee River. This means that it is important that Tuggeranong residents take collective action to protect waterways so that humans, flora and fauna can all live peacefully among the waterways without the risk of polluted water, blue- green algae and flooding.

Milly McCabe, Year 10

PE Pathways Inside the Fitness Centre

Let's meet some of our student athletes!



Molly Borowski , Year 12

Sport: Oztag

Biggest accomplishment so far: Winning the Oztag under 17s nationals in Coffs Harbour.

Favorite inspirational quote: "If it was easy, everyone would be doing it."

Favorite song to listen to when training? Heat waves

What do you like most about the PE Pathways program? The pe pathways program gives me a chance to work and excel in my ability outside of training, while having my teacher and class mates support me.





Combined Colleges Student Leadership Day

During the recent Moderation Day, the Year 12 Student Representative leaders participated in the Burn Bright Leadership program with colleges across Canberra. It was an opportunity to connect with other leaders in the Canberra community and share ideas and thoughts about our responsibilities and roles as leaders going into this year. It was a fun experience that enabled us to see how other school leaders work together and balance their roles with everyday life. It was also a great opportunity to incorporate some ideas and methods we received from others and consider how we might be able to use these to improve our leadership skill set.

We heard a lot of different perspectives on what people believe makes a leader, and what serving the community really looks like. It was a well thought out day with multiple opportunities to get to know other leaders and take on many skills that will be helpful as we move further into this year. We're super grateful for the opportunity and can't wait to apply the skills we've learnt into our leadership roles.

Rohan, James and Maddie, Year 12 SRC

Chewing Gum

All students have been reminded this week that chewing gum is not permitted at school. If students are chewing gum at school they will be reminded about this rule.

After school detentions will be issued to repeat offenders.

Status Awards

Congratulations to the following students who have been presented Status Awards at the Padua Campus Assembly:

Bronze Status

Jeffery Baker 7E2, Amelia Brown 7F3, Elsie D'Ambrosio 7F4, Daniel Heathcote 7E2, Daniel McLachlan 7E2, Darcy O'Rourke 7A2, Olivia Pope 7F4, Maddi Shiels 7E2, Lilly Stephan 7E2, Luke Withington 7A2

Paul Durham • Assistant Principal, Pastoral Care



MacKillop Mob

Aboriginal and Torres Strait Islander Information

This year all Aboriginal and Torres Strait Islander students will be offered the opportunity to participate in a variety of cultural activities including traditional games, bush tucker, language, art and cultural awareness. We aim to commence these activities in term two when COVID restrictions have hopefully eased.

In addition, there is a greater focus on incorporating authentic Aboriginal and Torres Strait Islander cross curriculum perspectives into the classroom so that all students can learn about Aboriginal and Torres Strait Islander heritage and culture.

To the right is a picture of the delicious Wattleseed Meringues made by Year 9. Our food classes on both campuses use a variety of Indigenous ingredients and we are looking at creating our own 'Bush Tucker' garden here at the College.



A reminder that Student Support times are on the MacKillop Mob page on Canvas and on the Aboriginal and Torres Strait Islander display areas on both Campuses. It would be great to see a few more of you there for a yarn, to check in and see how you're going and to help with any work.

Contact: jeremy.margosis@mackillop.act.edu.au

Jeremy Margosis • Aboriginal and Torres Strait Islander Education Contact Teacher

Music

Students can participate in our **in-school instrumental tuition** through the College and are also welcome to join our **Ensemble Program**. If you would like to take part or for further information, please speak with Ms Boulton or Mr South.

Contact: veronica.boulton@mackillop.act.edu.au.

Veronica Boulton • Director of Music & Performance

Term 1 Fees

Fees for Term 1 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

Michelle Predovan • Fees Manager

Community Notices

MENSLINK

For 20 years, Menslink have provided free counselling to young guys throughout the Canberra region.

If your young guy is having a hard time and could really use someone to talk to, get in touch - our wait times are currently low so we're ready to help when your young guy needs it. We provide a welcoming and supportive environment for young guys to share their concerns and worries and we provide tips and strategies to get them through those tough times that many of them are facing right now.

Menslink Counselling sessions are completely confidential and are available to any young guy aged 10-25. There are no fees or charges or limits to the number of sessions. You don't need a mental health plan and we are available during school terms and school holidays.

Do you think your young guy would really benefit from a counselling session? If so, have a chat with them and head to: www.menslink.org.au hit the **'Get Help'** button, fill in the form and we'll get back to you, generally the same or next business day.

If you need more info on how to have that chat with them, just email admin@menslink.org.au or call **6287 2226** and we will send you some information.





MacKillop
St Mary MacKillop College Canberra

We're enrolling now for 2023!

Visit our website to enrol or to
register for our enrolment events:

www.mackillop.act.edu.au



Year 7 2023 Open Day

Monday 2 May
Padua Campus

Book a session:
www.mackillop.act.edu.au

Try MacKillop Day

Friday 6 May
Padua Campus

For Year 6. Register at:
www.mackillop.act.edu.au

Year 11 2023 Info Night

Wednesday 11 May
St Peter's Campus

Save the date - more
information to come

Applications for Year 7 2023 close Friday 27 May
Enrolment enquiries: enrolments@mackillop.act.edu.au

A Catholic school for all.





MacKillop
St Mary MacKillop College Canberra

Contact details



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



**PO Box 1211
Tuggeranong ACT 2901**



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee SMS Line
0429 131 463

Socials



**www.facebook.com/
mackillop.act**



**www.twitter.com/
mackillop_act**



**www.instagram.com/
mackillop_act**



**www.youtube.com/
stmarymackillop**

INSIGHTS

How to help your child be a good friend



Winnie the Pooh once said that “a day without a friend is like a pot without a single drop of honey left inside,” and my bet is that when he said this, that he wasn’t talking about any friend, he was talking about a *good* friend.

Being a good friend and knowing what a good friend entails is an integral component of friendship. Research says that kids start making meaningful friendships from around the age of four and from that point onwards, friendships will contribute to their wellbeing, learning, confidence and mental health.

But understanding what a good friend is can be tricky, so here are some strategies you can use to help explain what being a good friend means to your child and how they can be one.

Defining what it means to be a good friend

While most adults know instinctively what a good friend is, explaining this to kids can be difficult, says Reach Out’s Online Community Coordinator Janine Nelson.

Pinpointing some of those elements of what being a good friend means can be a great way to start.

For example, “being a good friend means including concepts of respect, loyalty, providing support and having fun together“, Nelson explains.

“Good friends typically display behaviours such as being trustworthy, someone who is around for the hard times not just the good times, and someone you can laugh with. Good friends respect your boundaries, and make you feel comfortable being yourself.”

Healthy Harold and the team at Life Education add that “generally, being a good friend involves loyalty, empathy and trust. A good friend would listen, be an upstander instead of a bystander, be forgiving, be patient, and respect your opinion. They are empathetic, and able to put themselves in your situation.”

What a good friend is can vary and change

It is also critical for kids to know that a good friend can be different for different people and that what we view as a good friend can change over time and as we grow.

“As kids grow older, it’s important to help them understand that there are many different types of friends and that these relationships can change over time,” says Nelson.

Helping your kids understand that this is normal and that it doesn’t equate to failure, while also supporting them through these changes is important.

Teach your child friendship values.

Life Education says that helping your kids understand what specific values are associated with friendship is key to understanding what a good friend looks like and how to be one.

“Friendship values include being a loyal friend, accepting differences in a friend, standing up for a friend, being kind and supportive to a friend and including a friend in games,” they explain.

Teach and model the social skills that underpin successful friendships

While knowledge and values are a key underpinning, consolidating these with skills is the next step.

Life Education suggest you “explain to your child that just as they can get better at swimming by practising, they can also get better at making and keeping friends by practising social skills such as smiling and greeting classmates, sharing, cooperating, negotiating, being positive, having an interesting conversation, playing games well (e.g., being a good winner and loser).”

Praise the good stuff

Provide positive feedback when you observe your child using social skills or values that have the potential to contribute to the development of their friendships. This will help reinforce the values that make a good friend.

Empower them to find their own solutions

Don't always try to fix every problem that arises, be present and support the children as they try to find a resolution. Create an environment where no questions are off limits so that nothing is too uncomfortable to discuss.

Friendships in adolescence are different

As your kids grow into teens, friendships often take on a different significance and influence. Reach Out advises some additional strategies for parents with pre-teens and teenagers to use to help support them being a good friend. Work with your teen to set expectations around how they should treat their friends. A reminder of the values of a good friend and the skills that a good friend utilises can be helpful.

Be supportive if your teen comes to you about an issue with one of their friends without necessarily always trying to solve the problem. Listen openly and non-judgmentally without jumping into solution mode can be helpful. Model the behaviours of being a good friend. For example, you could get your teen involved if you are cooking a meal to support a friend and use the opportunity to talk about why that is important to you.

In closing

Helping your child understand the distinction between being a friend and being a good friend is important but supporting them to become one can be a tricky process. It can vary depending on you, your child/ren, the friendships and over time. Experiment with different strategies and techniques and see what works best for you and your child/ren.



Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).